

SENIORS WEEK 2026 —

A TIME TO SHINE AND LIVE LIFE IN COLOUR

It's on for young (at heart) and old this March!

Empowering individuals through nature, connection and creativity.

Join us for an exciting program of fun, unique and exciting events and activities.

For more information contact Frida Kitas on 9093 6972 or by emailing frida.kitas@randwick.nsw.gov.au



1300 722 542
randwick.nsw.gov.au



Randwick City Council
a sense of community



MINDFULNESS PHOTOGRAPHY AND ART WORKSHOP

Monday 2 March
11.30am – 2.30pm

Sustainability Classroom
Randwick Sustainability Hub
27 Munda St, Randwick

Cost: Free, but places are limited.

Bookings: Please email frida.kitas@randwick.nsw.gov.au

Enquiries: Please contact Frida on 9093 6972



BACK TO PRINCE HENRY

Sunday 15 March
9am – 3.30pm

Prince Henry Nursing and Medical Museum
2 Brodie Avenue, Little Bay
(off Anzac Parade)

Cost: Free

Bookings: Not required

Enquiries: Please contact Frida on 9093 6972 or email frida.kitas@randwick.nsw.gov.au



INTRODUCTION TO WALKING FOOTBALL

Saturday 21 March
11am – 12pm

Coral Sea Park
1-53 Yorktown Parade,
Maroubra

Cost: Free

Bookings: Not required

Enquiries: Please contact Frida on 9093 6972 or email frida.kitas@randwick.nsw.gov.au



THE SPIRIT OF PRINCE HENRY TWILIGHT TOUR

Saturday 21 March
6.30pm – 8.30pm

Prince Henry Nursing and Medical Museum
2 Brodie Avenue, Little Bay
(off Anzac Parade)

Cost: \$20 per person (donation to the museum). Places are limited.

Bookings: Registration is required at frida.kitas@randwick.nsw.gov.au

Enquiries: Call Frida on 9093 6972



DECLUTTER YOUR HOME. RECLAIM YOUR LIFE

Monday 23 March
6.30pm – 8pm

Margaret Martin Library
Royal Randwick Shopping Centre
Level 1, 73 Belmore Rd, Randwick

Cost: Free

Bookings: randwick.nsw.gov.au/seniorsfestival

Enquiries: Call Frida on 9093 6972 or frida.kitas@randwick.nsw.gov.au



JOIN US FOR A CUPPA

Tuesday 24 March
10am – 12pm

Prince Henry Nursing and Medical Museum
2 Brodie Avenue, Little Bay
(off Anzac Parade)

Cost: Free

Bookings: Not required (Turn up anytime between 10am -12pm)

Enquiries: Call Adrienne on 9019 0784



ESTATE PLANNING INFORMATION SESSION

Thursday 26 March
6.30pm – 8pm

Margaret Martin Library
Royal Randwick Shopping Centre
Level 1, 73 Belmore Rd, Randwick

Cost: Free

Bookings: Places are limited and bookings are required.

Enquiries: Call Frida on 9093 6972 or frida.kitas@randwick.nsw.gov.au



PRIDE IN AGEING: LGBTQIA+ SENIORS CATCH-UP

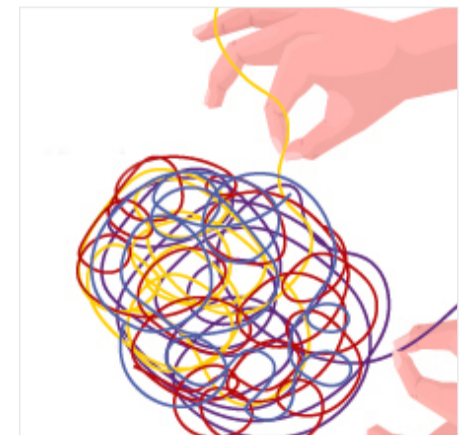
Friday 27 March
1pm – 3pm

Lionel Bowen Library
669-673 Anzac Parade, Maroubra
(off Anzac Parade)

Cost: Free

Bookings: randwick.nsw.gov.au/seniorsfestival

Enquiries: Call Frida on 9093 6972 or frida.kitas@randwick.nsw.gov.au



NAVIGATING DEMENTIA INFORMATION SESSION

Thursday 31 March
6.30pm – 8pm

Margaret Martin Library
Royal Randwick Shopping Centre
Level 1, 73 Belmore Rd, Randwick

Cost: Free

Bookings: randwick.nsw.gov.au/seniorsfestival

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